

YELLOW RIBBON PROGRAM

130th FI CO 30 Day Post Deployment

"Bringing Service Members and their Families all the way HOME."















Chaplain Introduction

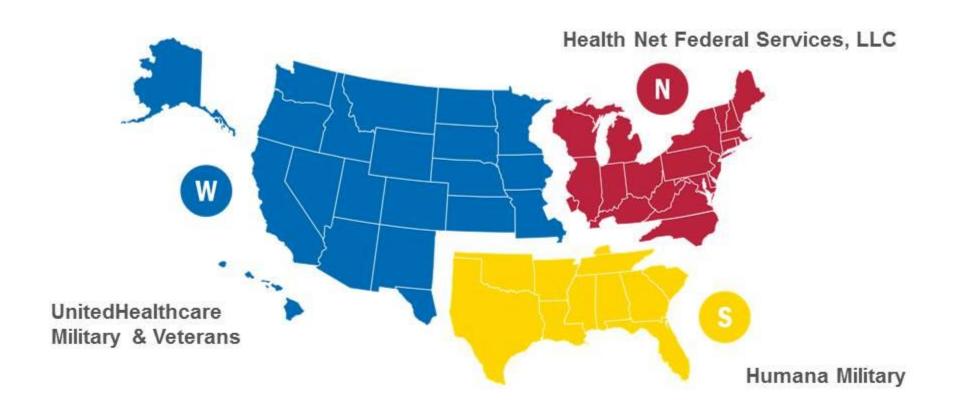
Leadership Welcome



TRICARE® Benefits/Programs for the National Guard and Reserve during Deactivation

Your Options For Care After Deactivation





What Is TRICARE?

Keep DEERS Information Up To Date



Go to an ID card office. Find an office at www.dmdc.osd.mil/rsl.

Note: You must use this option to add family members in DEERS.



Log on to http://milconnect.dmdc.osd.mil.

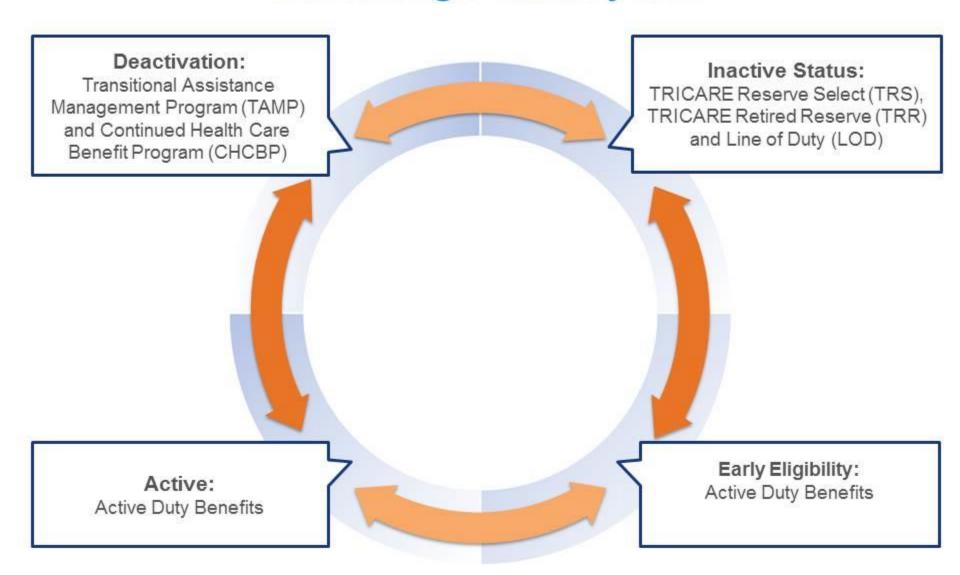


Call **1-800-538-9552**.



Fax 1-831-655-8317.

Coverage Lifecycle



TRICARE Eligibility

Transitional Assistance Management Program (TAMP)



- National Guard and Reserve members called or ordered to active service for more than 30 days in support of a contingency operation
- 180 days of transitional health care benefits
- Begins the day after separating from active duty
- All beneficiaries covered as ADFMs—including the service member
- Reenrollment necessary for TRICARE Prime (where locally available)

Note: TAMP does not cover LOD care.

TAMP: Program Options

- TRICARE Standard: Available worldwide
- TRICARE Extra: Available in the U.S.
- TRICARE Prime: Available in Prime Service Areas (PSAs) in the U.S. and areas near military hospitals or clinics overseas
- US Family Health Plan (USFHP): Available in six designated areas in the U.S.
- Overseas information: www.tricare.mil/overseas

Note: TRICARE Prime Remote options are not available during TAMP.



TRICARE Prime®: Enrollment

- Enroll on the Beneficiary Web Enrollment website at: www.dmdc.osd.mil/appj/bwe
- Call your regional contractor
- Fill out the TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876) for your region: www.tricare.mil/forms.



Step 1—Qualify

TRICARE Reserve Select® (TRS) and TRICARE Retired Reserve® (TRR)

- Certain Selected Reserve members may qualify for TRS and Retired Reserve members may qualify for TRR if they are:
 - Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) Program
 - For more information, visit www.tricare.mil.
- Log on to the Defense Manpower Data Center (DMDC) Reserve Component Purchased TRICARE Application:
 - Follow the instructions to qualify.
 - If qualified, print and sign the completed Reserve Component Health Coverage Request form (DD Form 2896-1).

Step 2—Purchase

TRICARE Reserve Select (TRS) and TRICARE Retired Reserve (TRR)

To purchase TRR or TRS:

- Complete and sign the Reserve Component Health Coverage Request Form (DD Form 2896-1).
- Mail the completed DD Form 2896-1 to the TRICARE contractor address listed on the form.
- Make an initial premium payment as indicated on the form.

The initial payment required is two months of premiums.

Note: For continuous coverage, purchase TRS up to 60 days before TAMP ends, but no later than 30 days after TAMP ends. For TRR, if enrolled in another TRICARE program, submit a TRR application within 30 days of the other TRICARE program ending to ensure continuous coverage.

Continued Health Care Benefit Program (CHCBP)

- Similar to COBRA continuation health coverage:
 - 18 to 36 months of temporary, premium-based coverage
 - For information on costs, go to www.tricare.mil/costs
- CHCBP qualification begins the day after losing active duty TRICARE coverage or TAMP coverage ends:
 - Must enroll within 60 days of loss of military benefits and pay premiums
- Administered by Humana Military for all regions:
 - Call 1-800-444-5445 or visit HumanaMilitary.com for more information.

Pharmacy Options

Military Pharmacy



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

TRICARE Pharmacy Home Delivery



- Must use this option for some drugs
- Get up to a 90-day supply

TRICARE Retail Network Pharmacy



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

Non-Network Pharmacy



- Pay full price up front and file a claim to get a portion of your money back
- Get up to a 30-day supply

TRICARE Dental Program (TDP)

- A voluntary, premium-based DoD dental program; the benefit is administered by MetLife.
- Premiums depend on the sponsor's status.

Service	Sponsor	One Family Member	More Than One Family Member	Sponsor and Family
Active Duty	N/A	\$11.68	\$34.68	N/A
Selected Reserve	\$11.68	\$29.19	\$87.59	\$99.27
Individual Ready Reserve	\$29.19	\$29.19	\$87.59	\$116.78

Go to the TDP website: www.tricare.mil/tdp

The Affordable Care Act

TRICARE meets the minimum essential coverage requirement under the Affordable Care Act (ACA).



Each tax year, you will get an Internal Revenue Service (IRS) Form 1095 from your pay center. It will list your TRICARE coverage for each month.



Your Social Security number (SSN) and the SSNs of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.



Stateside Regional Contractors



Overseas Regional Contractor



Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com

TRICARE South Region

Humana Military 1-800-444-5445 HumanaMilitary.com

TRICARE West Region

UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com



TRICARE Overseas Program (TOP)

International SOS Government Services, Inc. www.tricare-overseas.com

TOP Regional Call Centers

Eurasia-Africa

+44-20-8762-8384 (overseas) 1-877-678-1207 (stateside)

Latin America and Canada

+1-215-942-8393 (overseas) 1-877-451-8659 (stateside)

Pacific

Singapore: +65-6339-2676 (overseas)

1-877-678-1208 (stateside)

Sydney: +61-2-9273-2710 (overseas)

1-877-678-1209 (stateside)

Additional Contacts

Defense Health Agency— Great Lakes

www.tricare.mil/greatlakes

More Resources

TRICARE Website

www.tricare.mil

Publications

www.tricare.mil/publications

Connect with TRICARE Online









www.tricare.mil/media





LEGAL ASSISTANCE PROGRAM

(984) 664-6220

https://www.facebook.com/ncarngla





Our Mission

To assist those **eligible** for Legal Assistance with their personal legal affairs in a timely and professional manner by:

- Meeting their needs for information on personal legal matters
- Resolving their personal legal problems whenever possible

Legal Assistance seeks to improve Readiness, Morale, Discipline, and the Quality of the Force.





Are You Eligible?

- Servicemembers of any branch of the military
- Dependents of Servicemembers who have or are eligible for ID Cards
- Retired Servicemembers and their dependents who have or are eligible for ID Cards





Please ask if you have specific questions regarding your eligibility





Legal Readiness

- Estate Planning Powers of Attorney (POA), Wills
- Income Tax Filing extensions, Financial POAs
- Uniformed Services Employment and Reemployment Rights Act (USERRA) – notification of departure/return, prompt reinstatement, training/re-training, vacation/leave time, health insurance/other benefits
- Servicemembers Civil Relief Act (SCRA) interest rate reduction, vehicle/apartment lease termination, cell phone contracts, default judgements, repossessions, stays of proceedings





Services We Provide

Family Law

Consumer Protection

Military Administrative

Immigration

Landlord/Tenant

Ministerial Services





Services We Provide

- Legal Document Counseling assistance in filing tax returns and other legal documents such as pro se small claims or uncontested divorce cases
- Legal Referral complex and out-of-scope cases will be referred to specialized military or civilian attorneys
- Legal Correspondence drafting and transmitting letters on behalf of clients and reviewing letters prepared by clients
- Legal Negotiation representing the client in discussions with adverse parties





Resources

NCNG Legal Assistance Public Site

http://nc.ng.mil/services/pages/legal-services.aspx

NCNG Service Records

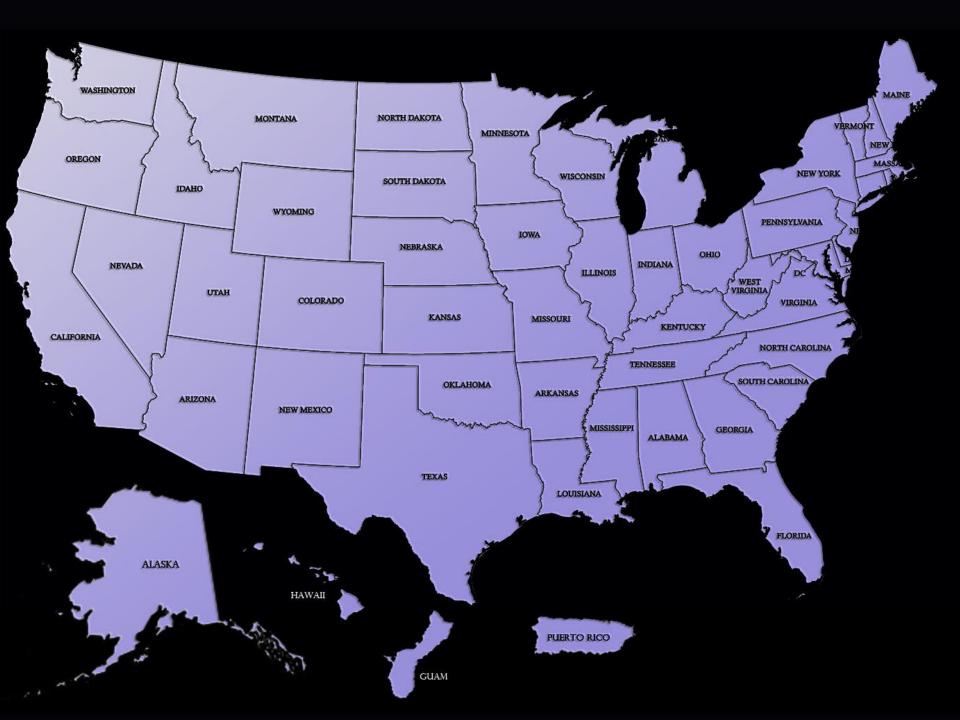
http://www.nc.ngb.army.mil/services/pages/g6-administrative-services.aspx

- US Army JAG Corps Legal Information Portal https://www.jagcnet.army.mil/legal
- NCNG Legal Assistance Program Facebook https://www.facebook.com/ncarngla





DIRECTION I BENEFITS I COMPASSION







THANK YOU FOR YOUR SERVICE!

NOW, LET US SERVE YOU.



ESGR Post-Deployment Briefing Date

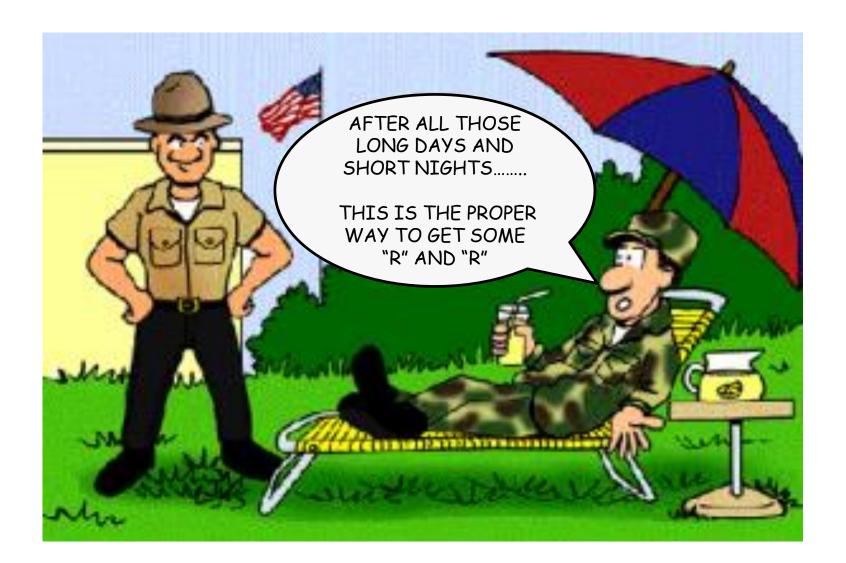






Briefer Title





















What's In It For Me?



EMPLOYER OUTREACH

Promote a culture where all employers support and value military service through education. recognition, and mediation



MILITARY OUTREACH

Make Service members aware of their rights and responsibilities under the law and the value of employer support and recognition



EMPLOYMENT

Increase career opportunities through strategic relationships with employers, state and Federal partners, and professional associations



OMBUDSMAN SERVICES

Provide informal, neutral mediation for issues or conflicts between employers and Service members before they escalate

State Committees & Volunteers



















What Protections Do I Have?

The Uniformed Services Employment & Reemployment Rights Act (USERRA) is a Federal statute that protects Service members' and veterans' civilian employment rights.

An employer must not deny initial employment, reemployment, retention in employment, promotion, or any benefit of employment to an individual on the basis of his or her membership, application for membership, performance of service, application for service, or obligation for service in the uniformed Services.

Among other things, under certain conditions, USERRA...

- Requires employers to put individuals back to work in their civilian jobs after military service.
- Restores employees who engage in military service to the same level of seniority, status, and pay ordinarily attained if they were not called up for military service.
- Protects Service members from discrimination in the workplace based on their military service or affiliation.

*National Guard Service members called to duty on State Active Duty orders (for floods, fires, etc.) are protected under state-level statutes, not Federal USERRA protections.

















Am I Covered Under USERRA?

Did you...

- Provide advance notice to employer of military service (verbal or in writing)?
- Leave a civilian job for military service obligations?
- If on extended active duty, serve honorably or under honorable conditions?
- Serve for no more than five cumulative years away from the workplace, unless USERRA exemptions apply?
- Notify your employer of intent to return to work within USERRA guidelines?
 - 1-30 days of service: Must report back to work on the next scheduled work day after safe travel home and eight hours of rest
 - 31-180 days of service: Must submit an application (contact employer) for reemployment within 14 days after release from period of service
 - 181 days+ of service: Must submit an application (contact employer) for reemployment within
 90 days after release from period of service

*If eligible, Service member employees should be promptly reemployed. "Prompt reemployment" means as soon as practicable under the circumstances of each case; usually, within two weeks of the employee's application for reemployment.

















How Do I Recognize My Employer?

Patriot Award

The first in ESGR's series of awards.

• Presented to outstanding supervisors, managers, and bosses, awarded to a specific individual supervisor, not to an entire staff or organization as a whole.

Spouse Patriot Award

- For employers who voluntarily assist spouses of Service members.
- Awarded to an individual supervisor, not to an entire staff or organization as a whole.

Seven Seals Award

- Broadest and most inclusive award, awarded to employers, Service members, ESGR staff members, and volunteers.
- Presented at both the state and national levels.

Above and Beyond Award

- Presented by ESGR State Committees to recognize employers at the local level.
- Employers who go above and beyond the legal requirements of USERRA by providing Service members additional, non-mandated benefits.

Pro Patria Award

- The highest level award that may be bestowed by an ESGR State Committee.
- Presented to employers who demonstrate the greatest support to Service members through their leadership and practices.

Extraordinary Employer Support Award

- Recognition of sustained employer support of National Guard and Reserve service.
- Must be a prior recipient of the Freedom Award or the Pro Patria for eligibility.

SecDef Employer Support Freedom Award

• The highest recognition given by the U.S. Government for employer support.

For additional information, please visit: www.esgr.mil/Employer-Awards

















Progression Of Employer Awards

- 1. Patriot Award
- 2. Spouse Patriot Award
- 3. Seven Seals Award
- 4. Above and Beyond Award
- 5. Pro Patria Award
- 6. Freedom Award
- 7. Extraordinary Employer Support Award













For additional information, please visit: www.esgr.mil/Employer-Awards



















How Do I Get Help?

- 1st Use your "chain of command" or contact your local ESGR Volunteer
- 2nd Contact the ESGR State Committee
 - ESGR website: www.esgr.mil
- 3rd Contact ESGR National Headquarters
 - Phone: (800) 336-4590, option 1
 - Email: <u>OSD.USERRA@mail.mil</u>
- Employment Resources:
 - Department of Labor Veterans' Employment: <u>www.veterans.gov</u>
 - Contact your local American Job Center: www.careeronestop.org

















Questions?

We All Serve

www.ESGR.mil
www.Facebook.com/GoESGR
www.Twitter.com/ESGR
www.YouTube.com/EmployerSupport
www.Linkedin.....ESGRGroup



















North Carolina National Guard Inspector General



MISSION



The State IG Mission: to serve as an extension of the eyes, ears, voice and conscience of the Adjutant General through the four tenants of the Inspector General: Teach and Train, Assistance, Investigations and Inspection. This supports the Adjutant General and subordinate commanders in achieving disciplined and combat ready units that will maintain the operational effectiveness and preparedness of the North Carolina National Guard.



Points of Contact



<u>IG</u>

COL James Hunt (919) 664-6269 james.w.hunt18.mil@mail.mil

Assistant IG
MSG Sandra Lowman
(919) 664-6254
sandra.j.lowman.mil@mail.mil

Assistant IG
MSG Dwight Green
(919) 664-6266
dwight.w.green.mil@mail.mil

Detailed IG

MAJ Kevin Hinton
(919) 664-6267

Kevin.l.hinton.mil@mail.mil

<u>Email</u> ng.nc.ncarng.mbx.ig@mail.mil

NCNG Public Website
http://www.nc.ngb.army.mil/Services/Pages/IG.aspx

NCGKO

https://states.gkoportal.ng.mil/states/NC/jstaff/ig/Pages/Office-of-the-Inspector-General.aspx

Financial Counselor



Thirty-Day Yellow Ribbon Program

General Eligibility

- Active duty, National Guard and Reserve Component service members
- Immediate family members
- Coast Guard when activated with the Navy
- Civilian Expeditionary Workforce



Private and Confidential

Privacy is protected

- Your personal information will not be
 - Provided to the military or chain of command
 - Shared with family or friends
 - Released to other agencies

Privacy Exceptions

- Duty to warn
- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity



Range of Support



Military OneSource: Something for Everyone

- Did you know Military OneSource has...
 - Smart shopping tips (audio clips)
 - Planning for your golden years (video)
 - Connecting with your child (booklet)
 - Dealing with your stress (downloadable)
 - Disaster preparation (webinar)













Reintegration

Topics

- Returning to civilian life
- Coping with combat stress
- Understanding compassion fatigue

Resources

- **Materials**
- **Wounded Warrior** resources
- Military benefits information



Relationships

Topics

- Reconnecting with friends and family
- Becoming a couple again
- Communicating with children
- Dealing with conflict

Resources

Returning from deployment



Military Kids

Topics

- Understanding children's reactions
- Balancing the reunion

Resources

- DoD library resources
 - TumbleBooks™
 - Kids InfoBits
- **Materials**
 - Sesame Street Talk, Listen and Connect DVD kits
 - Babies, Toddlers and Coping with Military Deployment resource guide



Financial

Topics

- Establishing or updating a budget
- Considering large purchases

Resources

- Financial counseling
 - Telephonic or face-to-face available in some states
- Financial calculators
 - Should I consolidate my loans?
 - What will my investment be worth in the future?
- Consumer reports
- **Podcasts**
- **Materials**



Social Media Hub





Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



































Access

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Toll-Free telephone 800-342-9647



MilitaryOneSource.mil



m.MilitaryOneSource.mil



Email your questions to a consultant



Interaction with trained outreach professionals





Questions?



Call. Click. Connect.

800-342-9647 MilitaryOneSource.mil

NORTH CAROLINA NATIONAL GUARD



Retirement Service Officer



RSO Services

- > Retirement Options
- > RPED (Early Retirement)
- > Retirement Benefits
- > State Pension
- Death Claims Closeout
- > Documentation Request

- > RC-SBP
- > TRICARE/TRICARE Dental eligibility
- Retirement Pay Application
- > Annuity



Contact Information

SSG Joshua Hickman

joshua.a.hickman.mil@mail.mil

Phone:

(919) 664-6128

Address:

JFHQ-NC-J9

ATTN: Retirement Counselor

1636 Gold Star Dr

Raleigh, NC 27607



YELLOW RIBBON PROGRAM

10 Minute Break



How to Maximize Education Benefits



MISSION

To provide first class customer service to Soldiers and their family members in supporting individual education and career goals.









Education Services Office Team





CW4 MILLSAPS EDUCATION SERVICES OFFICER



1SG LATHAM NCOIC/COUNSELOR



SSG PARKER



SGT STAHLHUT GI BILL MANAGER COUNSELOR/TESTING



MS. LEWIS **FEDERAL TUITION** ASSISTANCE MANAGER



MS. **STEINMETZ** STATE TUITION **ASSISTANCE** MANAGER



CW4 LOUDEN MDAY ESO OIC

SFC SMITH MDAY ESO NCOIC



SFC QUIROZ MDAY ESO NCO



Programs Available



FEDERAL
 TUITION
 ASSISTANCE

STATE
 TUITION
 ASSISTANCE

• GI BILLS

THREE COMPLETELY **SEPARATE PROGRAMS**

"Education: The Key to Readiness"



WHAT'S NEW TO FEDERAL TA



> VIA TOOL

- Establish account
- Change school/degree plan

> TRANSITIONING CERTIFICATE

- 3 years to ETS
- completed Master's degree OK







STATE TA

- > APPLY CFNC.ORG
- > NEW APPLICATION AVAILABLE JULY 2016
- > SEND COURSEWORK THRU ESO E-MAIL
 - detailed schedule & itemized bill
 - each semester





CHAPTER 30 AD GI BILL



CHAPTER 1606 SELECT RESERVE GI BILL



CHAPTER 1607 REAP



CHAPTER 33 POST 9/11 GI BILL

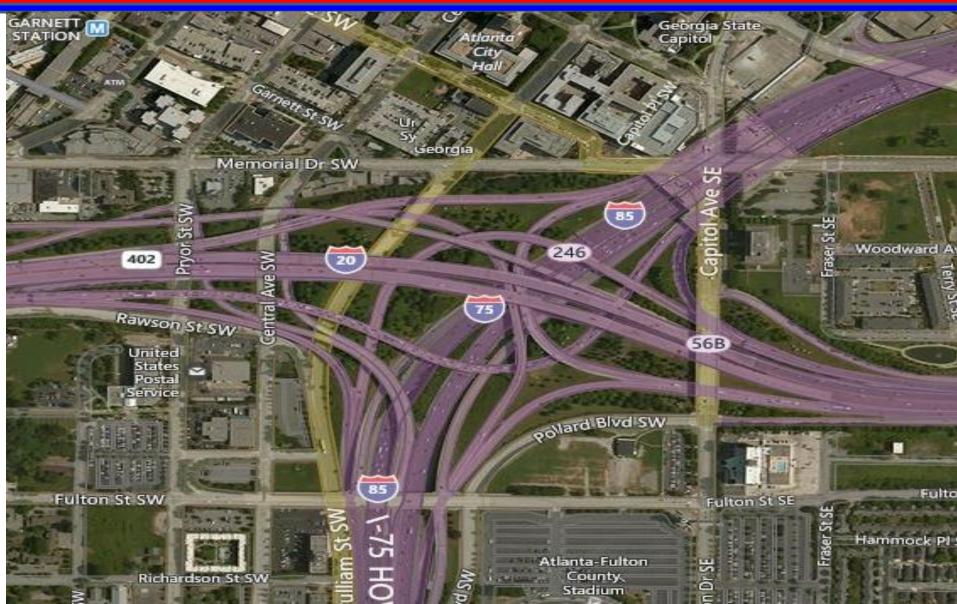


"Education: The Key to Readiness"



VA EDUCATION BENEFITS









CH 1606 (MGIB-SR)

Institutional Training

Training Time	Monthly rate
Full time	\$368.00
3/4 time	\$275.00
1/2 time	\$183.00
Less than 1/2 time	\$92.00





CH 30 (MGIB-AD)

Institutional Training

Training Time	Monthly rate
Full time	\$1,789.00
¾ time	\$1,341.75
½ time	\$894.50
less than 1/2 time more than 1/4 time	\$894.50 **
1/4 time or less	\$447.25 **



PLUS-UP ENROLLMENT



\$600 contribution \$5,400 additional benefits

Details located on ESO website on criteria and how to request program.





CH 1607 (REAP) - SUNSET

Institutional Training

Training Time	Consecutive service of 90 days but less than one year	Consecutive service of 1 year +	Consecutive service of 2 years +
Full time	\$715.60	\$1,073.40	\$1,431.20
3/4 time	\$536.70	\$805.05	\$1,073.40
1/2 time	\$357.80	\$536.70	\$715.60
Less than 1/2 time More than 1/4 time	\$357.80**	\$536.70**	\$715.60**
1/4 time or less	\$178.90**	\$268.35**	\$357.80**

^{**} Tuition and Fees ONLY. Payment cannot exceed the listed amount.





CH 33 (Post 9/11)

Service Requirements on/after 9/11/01 an individual must serve an aggregate of	Payment Tiers Percentage
At least 36 cumulative months	100%
At least 30 continuous days on active duty and discharged due to service-connected disability	100%
At least 30 cumulative months but less than 36 mo	90%
At least 24 cumulative months but less than 30 mo	80%
*At least 18 cumulative months but less than 24 mo	70%
*At least 12 cumulative months but less than 18 mo	60%
*At least 6 cumulative months but less than 12 mo	50%
*At least 90 aggregate days but less than 6 mo	40%

Payment Tier applies to Tuition & Fees; Books & Supplies Stipend and to the Housing Stipend

* Add Entry Level Skill Training after 24 mo qualifying service







The Fast-Track

- Joint Services Transcript (JST)
- CCAF (Community College of the Air Force)
- CLEP Exams
- Prior college courses completed





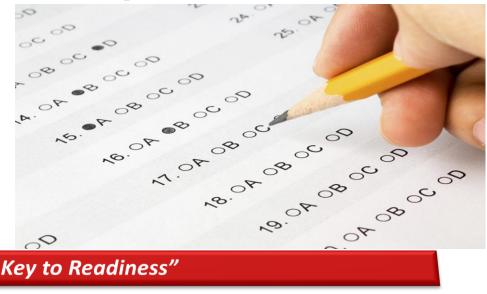
ADDITIONAL ESO SERVICES

Examinations:

- Administers Army Personnel Tests (AFCT, SIFT, & DLPT)
- Provides assistance on DANTES college preparation exam reimbursement

Civilian Education Transcripts:

Mail/Hand Deliver "official, sealed transcript" to **Education Services Office ATTN: Transcripts** 1636 Gold Star Drive Raleigh NC 27607





DEPENDENT BENEFITS



Scholarships: Military & Civilian













Contact Info

(984) 664-6272



Public Website

http://nc.ng.mil/services/eec/Pages/Education-Center.aspx

NORTH CAROLINA NATIONAL GUARD



ABOUT THE EEC

The Education and Employment Center's purpose is to increase career opportunities for North Carolina Guardsmen/Veterans by developing proactive positive relationships with North Carolina employers and connecting our Citizen Soldiers/Airmen with those employers through all available channels in order to obtain stable careers and optimal retention.

We collaborate with North Carolina employers who are seeking reliable, dedicated, skilled, and disciplined Soldiers and Airmen to utilize their military training, experience, and education in order to maximize the employer's organization.

We identify skill sets that employers desire, and seek out the service members who match those skill sets in order to maintain a high level of confidence in our employer customer base.



WHAT WE DO

OUR SERVICES

- Resume preparation/review
- Career assessment and employment pathways
- Military to civilian work translation
- Mock interviews
- Access to our nationwide database (MSCCN/CASY)
- Hiring events/Job fairs
- Direct contact to our network of veteran friendly employers





OUR GOALS

- Establish on going relationships with Veteran friendly employers within the state of North Carolina (two sided communication)
- Place clients within our North Carolina employer network in mutually beneficial positions that help achieve client's career goals

WHAT WE DO

EEC PATHWAYS INITIATIVES

- Partnering with civilian organizations to design NCNG friendly apprenticeships in management, transportation/logistics, construction trades, human resources and information technology positions that will assist our Veterans in achieving their career goals.
- I identifying/coordinating with employers willing to develop internal training programs (non-apprenticeable) that will bridge the gap from military occupations into civilian positions.
- find organizations willing to pay/sponsor training, credentialing, and/or certifications for NCNG veterans and dependents.
- Identify/promote/partner with existing career pathways established NCDOC/NCCCS.



OUR CLIENTS

The North Carolina National Guard Education and Employment Center offer services that extend to Guardsmen, Veterans and Airmen. We also help our military families with spouses and working age dependents to obtain careers that match their skill sets.









ARMY NATIONAL GUARD

AIR NATIONAL GUARD

VETERANS & MILITARY RETIREES

DEPENDENTS (SPOUSES AND CHILDREN) 2025 Veterans & Dependents employed

337
Veterans & Dependents working with EEC



OUR STATISTICS

- Since July 1st 2013, the EEC has successfully assisted 2025
 Veterans/Dependents with securing employment
- 332 Veterans/Dependents currently working with the EEC office to secure employment
- The EEC received a national award from Center for America to recognize outstanding leadership and commitment in helping veterans gain employment



OUR EMPLOYMENT COUNSELORS

The EEC has continued expanding and currently has an Employment Counselor for every region of the State who both prepare veterans for interviews and network with local employers to give those veterans the best shot at a civilian career.



N.C. EDUCATION AND EMPLOYMENT CENTER LOCATIONS

As of September 2017



CLYDE

David Ponder (984) 661-0406 david.e.ponder.ctr@mail.mil

LENOIR

Steven Hare (984) 661-1243 steven.l.hare.mil@mail.mil

GREENSBORO

Laura Happer (984) 661-5608 laura.s.happer.mil@mail.mil

RALEIGH

Eric Burgos (984) 664-6463 eric.l.burgos.ctr@mail.mil

RALEIGH

Jeff Wyatt (984) 664-6463 jeffrey.r.wyatt2.mil@mail.mil

CHARLOTTE

Luis Quiroz (984) 661-4645 luis.g.quiroz.mil@mail.mil

FAYETTEVILLE

Don Swiney (984) 661-4917 donald.w.swiney.ctr@mail.mil

WILMINGTON

George Millsap (984) 661-6919 george.r.millsap.ctr@mail.mil

WINTERVILLE

Josh Villegas (984) 661-3190 joshua.p.villegas.mil@mail.mil

HOW TO SIGN UP FOR OUR SERVICES

STEP 1

- Go to www.ncngeec.com
- . Click the SIGN UP FOR OUR SERVICES
- First time users: Go to Click here to create a login
- Choose the appropriate option to submit your resume Note: If you DO NOT have a resume to upload, and would like to build one. Choose the link that reads: If you do not have a Resume to upload, click here.

To bypass this step and upload a resume at a later time, click the radial button: Registration (without resume or after upload or w/optional resume building) and continue with the registration process.

The application has the following sections:



IMPORANAT: Choose the **National Guard**, **North Carolina** option in order for your application to be routed to our database.

HOW TO SIGN UP FOR OUR SERVICES

STEP 2

You will receive an e-mail from MCSSN [dontoreply@trm.brassring.com] with the subject line: Your candidate reference number – MSCCN

Note: If you DO NOT receive this e-mail, your registration did NOT go through.

STEP 3

• One of our Employment Specialists will contact you within two working days. If you do not hear from us within that time frame, please contact our office at: 1-984-664-6463



ADDRESS

1636 Gold Star Drive, Suite 2014 Raleigh, North Carolina 27607



PHONE NUMBERS

(984) 664-6463 (800) 621-4136 Opt. 3



LINKEDIN

https://www.linkedin.com/ groups/5118915



TWITTER

twitter.com/ncngeec



EMAIL

ng.nc.ncarng.mbx.eec@mail.mil



WEBSITE

www.ncngeec.com



YOUTUBE

youtube.com/channel/UCD_ DAfUSbSU_Mi1j-TeyBsQ



FACEBOOK

facebook.com/ncngeec

Integrated Behavioral Health System (IBHS)

ADMINISTRATION:

Stephanie Nissen, LPC Donielle Preusser, LCSW Shannon Tennant

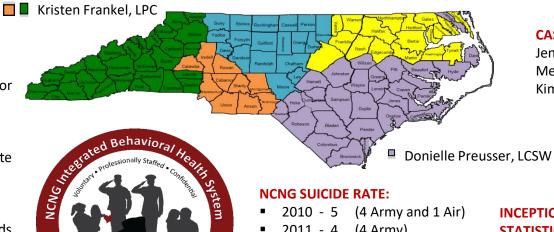
REGIONALLY EMBEDDED TREATMENT CLINICIANS:

Joe Minaya, LCSW - triages all regions via 855# and Outreach Referrals

Mark Kelley, LPC

SYSTEM BENEFITS:

- 24/7 Availability (855) 322-3848
- Crisis Intervention
- Immediate Consultative Guidance for Command
- Immediate Individual Clinical Assessment
- Immediate Access to the Appropriate Level of Care
- **Culturally Competent Providers**
- Geographically Available Resources
- Emergent Resource Allocation: Funds, Homelessness, DV Shelters, Food, etc.
- Normalization of Behavioral Health
- Timely Ready Return to Duty
- Traumatic Event Management (TEM) and Critical Incident Stress Debriefing (CISD)
- Free for Servicemembers and their **Families**



CASE MANAGERS:

Jen Chauncey, MAMFC Meg Jordan, LPCA Kim Poff, BSW

2010 - 5 (4 Army and 1 Air)

Patricia Muehlberger, LPC

- 2011 4 (4 Army)
- 2012 5 (4 Army and 1 Air)
- 2013 4 (4 Army)
- 2014 3 (3 Army)
- 2015 3 (3 Army)
- 2016 2 (1 Army and 1 Air)
- 2017 3 (3 Army)

INCEPTION (1 NOV 10) STATISTICS:

- 7,088 Calls
- 2,382 Clinical Assessments
- 4,517 Consultations
- 339 Crisis Interventions

North Carolina Guard Family Programs

130th FIN CO 30 DAY POST DEPLOYMENT

CHERRI MASON
FAMILY PROGRAMS
(FRSA, GREENSBORO, NC)





North Carolina

130thth Commander - CPT Darius Hinton

Email: darius.r.hinton.mil@mail.mil

Phone - 984-661-2742

RNCO - SFC H Elise McKoy

Email: henrietta.e.mckoy2.mil@mail.mil

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National Guard

Family Assistant Center Specialist Lisa Faison

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Phone: 984-664-7100

Family Readiness Support Assistant

Cherri Mason

Email: cherri.mason.ctr@mail.mil

Phone: 984-661-5620

North Carolina National Guard Family Programs Office Locations Child & Youth Lead & Raleigh JFHQ - FPO & 3 FAC/ Winston-Salem SFAC/FRSA (113th SUS FRSA 1- CTB (60th TC) Assistant (JFHQ) FAC BDE) & FRSS Trainer Lenoir SFAC Yadkin Greenville SFAC (2) FAC/ F FAC Legend Region represents area of responsibility, including units Southern Goldsboro FRSA Tammy Walsh, (984) 661-0565 Pines FAC (30th ABCT) Carry Bandy, (984) 661-4573 Anthony Moore, (984) 661-4547 Rebecca Swaim, (984) 661-1731 Mt. Olive Chassidy Hepler, (984) 661-5649 Smithfield Child & Youth Assistant David Kovach, (984) 661-1150 Lana Greer, (984) 661-1667 Frances Johnson, (984) 661-1242 Wilmington Lisa Faison, (984) 664-7100 Ft. Bragg - Academy Mark Woolbright, (984) 661-6377 FAC FRSA (30th ABCT) Family Readiness Support Services (FRSA) Wendi Bell, (984) 664-6078 30th ABCT/139th REG: Jacqueline Connell (984) 661-Lisa Faison, Mark Woolbright, Wendi Bell 4735 Key 30th ABCT: Gerald Murray (984) 661-5423 113th SUS BDE: Cherri Mason (984) 661-5651 Abby Millsap, (984) 661-2784 Counties Earlene Buchan, (984) 661-2863 60th TC/JFHQ: Norman Dean (984) 664-6537 A. Perquimans 130th MEB: Lydia Hilt-Clay (984) 661-4548 Jim Marley, (984) 661-6918 Pasquotank 449th TAB: George Lane (984) 661-6313

9/2017

Child & Youth Programs, (984) 664-6676

What is a Family Assistance Center Specialist (FAC) and what do they do?

- ▶ Contract employees who provide confidential assistance to Service Members and their families on an individual basis regardless of deployment status or branch of service.
- ▶Educate families on benefits and entitlements
- ► Make monthly family contacts during deployments
- Monthly calls first 6 months after return from deployment
- •Bi-monthly calls second 6 months after return from deployment



FAC- 6 Essential Services

 $^*\!\text{As}$ a Family Assistance Specialist, we provide information, make referrals and report if necessary.

Crisis Intervention & Referral

- Domestic abuse
- Child abuse/negle ct
- Danger to self and/or others
- Abuse/negle ct of a vulnerable adult
- Housing assistance referrals
- Referral for Financial assistance
 Referral for
- Referral for Behavioral Health issues

Legal Resource & Referral

- Referral for assistance with power of attorney/wills, etc.
- Information and assistance with Service Member Civil Relief Act
- Referral to ESGR for assistance

Financial Resource & Referral

- Understandin g military pay
- Assistance/ referral with financial aid, grant/loan applications through the American Red Cross, and other Agencies
- Provide
 referrals for
 budgeting
 classes
- Provide referral to local financial resources

Tricare Resource & Referral

- Provide general information on insurance
- benefits

 Assist with
 TRICARE
 medical/den
 tal
 applications
- Assist with finding local participating providers
- Referral for assistance with writing letters to challenge claim denials

ID Cards/ DEERS

 Provide general information on ID Cards/DEERS qualifications and locations

Community Info/Outrea ch

· Provide a list of local community resources, including but not limited to the following: assist with child care resource and referral; assist with finding a local FRG to assist with Family Readiness

Family Readiness Support Assistants (FRSA)

- ► Contract employees who provide guidance, assistance, day to day support and continuity for the BDE/BN/CO Commander's Family Readiness Program, operations and initiatives.
- ▶ Provide training and information to Units/FRGs.
- ▶ Provide assistance to Units/FRGs for required readiness actions.
- Assist FRG with Unit Newsletters, etc.



Michelle L. Pruitt, MAJ, MS State Family Programs Director Tel: 984.664.6324 michelle.l.pruitt13.mil@mail.mil

Things to Know ... Before They Go

Visit Family Programs on-line at: www.nc.ngb.army.mil/SS/FP/Pages/default.aspx

Visit Family Programs on Facebook:

Search NCNGFP

Stop By The Family Programs Table for Any Additional Information!

NCNG Family Programs

Any Questions?











Yellow Ribbon 30 Day Reintegration Brief

OUR MISSION...

To promote and sustain the quality of life and resilience of NC National Guard children and youth by providing secure, timely, flexible, high quality support services and enrichment programs.

Our programs are designed to promote the cognitive, emotional, physical and moral development of the youth, as well as encourage personal responsibility and strength of character.

NCNG CHILD AND YOUTH PROGRAMS









Operation Kids on Guard

...offers day and overnight weekend drills that provide an opportunity for our "youngest heroes" to learn about what their military loved one does in the NCNG. The program provides an atmosphere that allows children to make new friendships with other children just like them. Cost is free to family. http://nc.ng.mil/services/familyprograms/FPCY/Pages

National Guard Teen Council

...provides NCNG teens an opportunity to connect with others in their age group and receive skills to help them find ways to overcome the challenges they face in everyday life and through the deployment cycle. The mission of the NCNG Teen Council is to help our youth to become ambassadors of patriotism, diversity, moral character, intellectual achievement and service to others. Council members are encouraged to volunteer with our NCNG Child and Youth Program, Operation Kids on Guard, Family Assistance Centers and FRG leaders, as well as organizations in their own communities.

New Parent Packs

...are sent out to new/expectant parents and provide resources that focus on the unique experiences of parenting a baby or toddler, particularly during times of stress and separation.

Free Camps for NCNG Kids

NCNG Kids get the real overnight camp experience at no charge to the parents. Camps for children 6-13 are offered every summer. This week long camp experience focuses on team building, resiliency, environmental studies with a lot of fun-filled outdoor activities as well. The campers typically get to experience canoeing, horseback riding, hiking, swimming and much more.

Teens, ages 14-18 (high school senior), also have the opportunity to attend week long camps during the summer months. These camps typically focus more on college readiness, resiliency, positive youth development and career exploration with lots of fun in between. Teens also get the opportunity to meet other NCNG Teens and make lifelong friends.

STATE

✓NC Pre K Program (Formerly More at Four Program)

Provides a high quality child care program for children of alerted or activated North Carolina National Guard, Reserves and Active Duty that have been ordered to duty within the last 18 months or expected to be ordered within the next 18 months. In order to be eligible, the child needs to be four years of age by August 31st of the year attending and entering kindergarten the following year. To find NC Pre K Contractor information for your county, go to: www.ncchildcare.dhhs.state.nc.us/general/mb ncprek.asp.

✓ North Carolina Department of Public Instruction

It is highly recommended to keep your child's school updated on your military status and when asked "military connected" to identify as a military family. The Department of Public Instruction has a Military Liaison (state-level point of contact) for military families with school age children. Go to www.ncpublicschoolsorg/militarysupport or call (919) 807-3376.

Programs & Resources that Save You \$\$



Army Community-Based Child Care Fee Assistance Program

A Subsidy for childcare, afterschool care and respite care. (Active Duty, AGR, Technician) www.armyfeeassistancenaccrra.org or call 866-508-0371.



Tutor.com (Active Duty, AGR, Technician)

FREE online Tutoring www.military.tutor.com



Boys and Girls Club Free Membership www.bgca.org



Eknowledge \$350 SAT and ACT test materials

www.eknowledge.com/USNG



Sitter City Discounted Membership

www.sittercity.com



National Military Family Association

Free Camp (Operation Purple Camps), www.nmfa.org



Camp Corral

Free Camp www.campcorral.org

OTHER MILITARY RESOURCES/PROGRAMS



Military Kids Connect www.militarykidsconnect.org



NC Cooperative Extension Military Outreach www.nc4H.org/military



Exceptional Family Member Program (EFMP): www.militaryhomefront.dod.mil/tf/efmp



Zero to Three www.zerotothree.org



MCEC (Military Child Education Coalition) www.militarychild.org



TarHeel ChalleNGe www.nc-tchchallenge.org



Upcoming Events:

Teen Council Meetings:

Triangle & Call-in/Webinar - 6:00-8:00pm at JFHQ

12 Dec 2017, 9 Jan 2018, 13 Feb 2018, 13 Mar 2018, 10 Apr 2018, 8 May 2018

- > TBA Date for 2017 NCNG Youth Camp
- > TBA Date for 2017 NCNG Teen Retreat

ARNG Child and Youth Services (CYS) Needs Assessment is essential to ensure the Child and Youth Program remains a relevant source of support services for Soldiers and their families. Without receiving regular feedback regarding current needs of its customers and existing programming gaps, the Program runs the risk of no longer being a valuable source of information and support.

We need you... To help us improve the programs and services available through the Child and Youth Program. Please take a few minutes to complete the following assessment:



https://www.surveymonkey.com/r/BQMJMYX

The responses we receive help us work to ensure programs, services, and resources support the unique needs of ARNG Families.



For additional Information about the Child and Youth Program Visit our Public Website and other Social Media

Visit us Online

http://nc.ng.mil/services/familyprograms/FPCY/Pages



Become a Fan on Facebook, search "NCNGFP"





Follow us on Twitter @ncngfamily

Download our FREE App search: ARNG CYSS







Check out Photo's from Child & Youth Events...

https://www.flickr.com/photos/143198244@N03/albums



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U.S. Department of Veterans Affairs



U.S. Department of Veterans Affairs

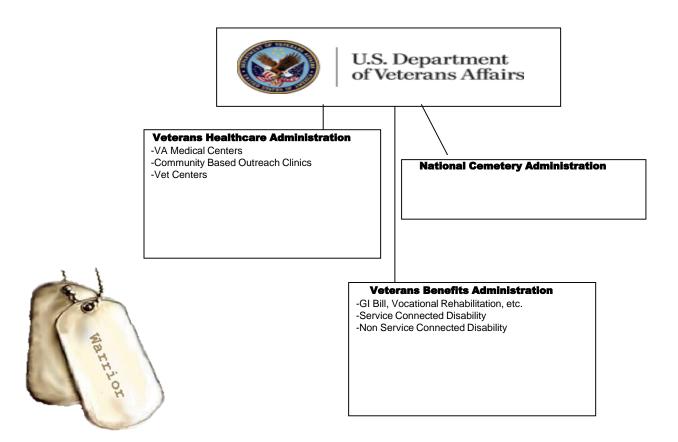




VA = VHA, VBA, NCA

The Department of Veterans Affairs is separated into three main branches. These are the Veterans Healthcare Administration (VHA), the Veterans Benefits Administration (VBA), and The National Cemetery Administration (NCA). VHA is responsible for health care, including VA Medical Centers. The VBA is responsible, through your Regional Office, for maintaining claims and benefits.

The Veterans Benefits Regional Office nearest you can be found by calling 1-800-827-1000 or for more information go to www.va.gov.





Veterans Health Administration

Basic Eligibility

If you served in the active military service and were separated under any condition other than dishonorable, you may qualify for VA health care benefits. Current and former members of the Reserves or National Guard who were called to active duty by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health benefits as well. Reserves or National Guard members with active duty for training purposes only do not meet the basic eligibility requirement.

Minimum Duty Requirements

Most Veterans who enlisted after September 7, 1980, or entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to Veterans who were discharged for a disability incurred or aggravated in the line of duty, for a hardship or "early out," or those who served prior to September 7, 1980. Since there are a number of other exceptions to the minimum duty requirements, VA encourages all Veterans to apply so that we may determine their enrollment eligibility.

For more information go to: www.va.gov Or use the Health Benefits Explorer at: http://hbexplorer.vacloud.us/

Apply for VA Health Benefits

The very first step in obtaining access to your VA Health Benefits is to apply. If you meet the basic eligibility requirements, VA encourages you to apply today by completing and submitting VA Form 10-10EZ, Application for Health Benefits online. The following lists the many ways to apply for enrollment: Apply Online (https://www.vets.gov/healthcare/apply/)

- Fill out the application online and electronically submit it to the VA for processing. No need for additional documents to verify military service. If you were recently discharged, we will get your military information for you.
- Complete VA Form 10-10EZ, Application for Health Benefits online.
- Once you complete your information, you may submit your application online.
- You will immediately receive a confirmation message notifying you that your application has been received.
- Apply in Person
- Go to your local VA health care facility.
- Apply by Mail
- Pick up an application at your local VA or download the application online. Complete the application (be sure to sign it) and mail to:

Health Eligibility Center 2957 Clairmont Road, Suite 200 Atlanta, GA 30329-1647



Enhanced Enrollment

Veterans of Operations Enduring & Iraqi Freedom

VA provides enhanced enrollment opportunity and five years of cost-free health care to veterans who served in a theater of combat operations, for any injury or illness associated with this service

Service Members Enrollment

- Service Members must be discharged/separated/terminal leave
- Not Discharged/separated/terminal leave
- VA HealthCare can be provided under
- Sharing Agreements
- TRICARE (180 days of TRICARE TAMP to access VA care)
- Enrollment status in VA system will reflect
- Pending Verification until discharged





Veteran Healthcare

- Screening exams for: Depression, Substance Abuse, PTSD, Military Sexual Trauma, TBI
- Preventive Care Services
- Inpatient and Outpatient Treatment
- Prescription Services

Women Veterans may receive:

- full continuum of medical benefits package
- women's family planning and birth control, gender-specific health care, e.g. hormone replacement therapy, breast and GYN care, maternity, limited infertility
- Special considerations
- Each facility has a Women Veterans Program Manager
- Women's Trauma Recovery Program (Palo Alto) inpatient post traumatic stress disorder (PTSD) and military sexual trauma (MST) treatment
- VA researchers also conduct studies on women's health
- Women's Benefits Coordinator available for disability benefits

VA Treatment of Non-Combat Related Conditions

** Veterans Who Experience Non-Service Connected Illness/Injuries Post Deployment may be charged a co-pay at VA for treatment of these conditions ie: flu, colds, auto accident

Dental Care

<u>Cost free one time treatment</u> of dental conditions for recently separated veterans who served for 90 days or more, apply within 180 days of separation, and DD214 does not indicate necessary dental care was provided within 90 days of release or discharge

VA Dental Insurance Program (VADIP)

Good oral health is more than just a nice smile or ability to chew favorite foods—it impacts a person's overall health. VA provides dental care to Veterans who meet certain eligibility standards, but would like all Veterans and beneficiaries to have access to quality dental care.

VA offers all Veterans who are enrolled in the VA health care program and beneficiaries of VA's Civilian Health and Medical Program (CHAMPVA) the opportunity to purchase dental insurance at a reduced cost through Delta Dental and MetLife. Multiple options allow participants to select a plan that provides benefits and premiums that meet their dental needs and budget. Each enrollee will pay a fixed monthly premium for coverage and any copayments required by his or her plan.

Individuals interested in participating in this pilot program may review plan details and complete an application online through either the websites of Delta Dental (www.deltadentalvadip.org) or MetLife (www.metlife.com/vadip). Coverage is available throughout the United States and its territories.

If you are interested in learning more about this program, call: 1-877-222-VETS (8387) or visit www.va.gov/healthbenefits/VADIP.

My HealtheVet: Registration and Authentication

With My HealtheVet (www.myhealth.va.gov), you can maintain your personal health record, communicate with your doctor via secure email, gain a better understanding of your health and explore a variety of online options to improve your health.

As an enrolled Veteran, you should take the next step to upgrade to a Premium account. With this account type, you can access all that My HealtheVet has to offer. To upgrade your account you need go through Authentication.



General Benefit Information

Disability Compensation

Pension

GI Bill (Education & Training)

Dependents Educational Assistance

Vocational Rehabilitation & Employment

Survivors Benefits & Services

Homeowner Benefits

Life Insurance Benefits

Disability Compensation

Disability compensation is a monthly tax-free benefit paid to Veterans who are at least 10% disabled because of injuries or diseases that were incurred in or aggravated during active duty, active duty for training, or inactive duty training. A disability can apply to physical conditions, such as a chronic knee condition, as well as a mental health conditions, such as posttraumatic stress disorder (PTSD).

https://www.youtube.com/watch?v=h4vKqUlrdys

Pension

VA offers two broad categories of Pension benefit programs:

- Veterans Pension: Tax-free monetary benefit payable to low-income wartime Veterans.
- **Survivors Pension:** Tax-free monetary benefit payable to a low-income, un-remarried surviving spouse and/or unmarried child(ren) of a deceased Veteran with wartime service.

Pension (cont.)

Veterans and survivors who are eligible for Pension benefits and are housebound or require the aid and attendance of another person may be eligible to receive additional monetary amounts.

https://www.youtube.com/watch?v=3 U Ki-QwB0

G.I. Bill Education & Training Benefits

Education and training programs administered by VA

- The <u>Post-9/11 GI Bill</u> offers higher education and training benefits to Veterans, Servicemembers, and their families who served after Sept. 10, 2001.
- The <u>Montgomery GI Bill</u> assists active duty and Reservists with the pursuit of higher education degrees, certificates, and other education and training.
- Other VA <u>education and training programs</u> offer various education and training benefits or increased benefits to certain Reservists and Veterans and their survivors and dependents.

G.I. Bill Education & Training Benefits

Forever GI Bill - Harry W. Colmery Veterans Educational Assistance Act

Some new provisions that go into effect immediately include:

- The 15-year time limitation for using Post-9/11 GI Bill benefits is eliminated for Veterans who left active duty on or after January 1, 2013, and qualifying dependents (Fry children who became eligible on or after January 1, 2013 and all Fry spouses).
- Reservists who had eligibility under the Reserve Educational Assistance Program
 (REAP) and lost it due to the program sunset provision will have that service
 credited toward the Post-9/11 GI Bill program.
- Certain work-study is permanently authorized; previously it had to be re-approved by Congress every few years.
- The VetSuccess on Campus program will be available to students across the country
- VA will help Veterans to more clearly identify schools that offer them priority enrollment.

Dependents Educational Assistance

There are two main GI Bill programs offering education assistance to survivors and dependents of Veterans:

- The Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship) is available for children and spouses of Servicemembers who died in the line of duty after September 10, 2001.
- The Survivors' and Dependents' Educational Assistance (DEA)

 Program offers education and training opportunities to eligible dependents of Veterans who are permanently and totally disabled due to a service-related condition or of Veterans who died while on active duty or as a result of a service-related condition.

Vocational Rehabilitation and Employment (VR&E)

You may receive Vocational Rehabilitation and Employment (VR&E) services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment.

VA's Education and Career Counseling program is a great opportunity for Veterans and Servicemembers to get personalized counseling and support to help guide their career paths, ensure the most effective use of their VA benefits, and achieve their goals.

Survivors Benefits & Services

Benefits

- Dependency and Indemnity Compensation (DIC)
- Parents' Dependency and Indemnity Compensation (DIC)
- Survivors' Pension
- Dependents' Educational Assistance Program (DEA)
- Marine Gunnery Sergeant John David Fry
- Home Loans

Survivors Benefits & Services (Cont.)

Services

- Educational and Vocational Counseling
- Beneficiary Financial Counseling
- Civil Service Preference
- Children of Vietnam Veterans with Certain Birth Defects
- Fiduciary Services

Homeowner Benefits

- VA helps Servicemembers, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.
- VA Home Loans are provided by private lenders, such as banks and mortgage companies. <u>VA guarantees a</u> <u>portion of the loan, enabling the lender to provide</u> <u>you with more favorable terms.</u>

Homeowner Benefits (Cont.)

- Purchase Loans help you purchase a home at a competitive interest rate often without requiring a down payment or private mortgage insurance. Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements.
- Interest Rate Reduction Refinance Loan (IRRRL): also called the Streamline Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan.

Homeowner Benefits(Cont.)

- Native American Direct Loan (NADL) Program: helps eligible
 Native American Veterans finance the purchase, construction,
 or improvement of homes on Federal Trust Land, or reduce
 the interest rate on a VA loan.
- Adapted Housing Grants: help Veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to account for their disability.
- Other Resources: many states offer resources to Veterans, including property tax reductions to certain Veterans.

Life Insurance Benefits

- Servicemembers' Group Life Insurance (SGLI) is a low-cost group term life insurance program for Servicemembers.
 Coverage can be extended for up to two years if the Servicemember is totally disabled at separation.
- Veterans' Group Life Insurance (VGLI) allows Veterans to convert your SGLI to a civilian program of lifetime renewable term coverage after separation from service.
- Family Servicemembers' Group Life Insurance (FSGLI) insures spouses and children of Servicemembers with SGLI coverage. Spousal coverage may not exceed the Servicemember's coverage. Dependent children are automatically covered at no charge.

Life Insurance Benefits(Cont.)

- Servicemembers' Group Life Insurance Traumatic Injury
 Protection(TSGLI) is an automatic feature of SGLI that provides payments
 to Servicemembers who suffer losses, such as amputations, blindness, and
 paraplegia, due to traumatic injuries that occur in service.
- Service-Disabled Veterans' Life Insurance (S-DVI) provides life insurance coverage to Veterans who have been given a VA rating for a new service-connected disability in the last two years. Totally disabled Veterans are eligible for free coverage and have the opportunity to purchase additional life insurance.
- Veterans' Mortgage Life Insurance (VMLI) provides mortgage life insurance protection to disabled Veterans who have been approved for a VA Specially Adapted Housing (SAH) grant.

National Cemetery Administration

- Burial benefits available include a gravesite in any of our <u>135 national</u> <u>cemeteries</u> with available space, opening and closing of the grave, perpetual care, a <u>Government headstone or marker</u>, <u>a burial flag</u>, and a <u>Presidential Memorial Certificate</u>, at no cost to the family. Some Veterans may also be eligible for <u>Burial Allowances</u>. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.
- Burial benefits available for spouses and dependents buried in a national cemetery include burial with the Veteran, perpetual care, and the spouse or dependents name and date of birth and death will be inscribed on the Veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried, even if they predecease the Veteran.
- The Veterans family should make funeral or cremation arrangements with a funeral provider or cremation office. Any item or service obtained from a funeral home or cremation office will be at the family's expense.

Scheduling a burial

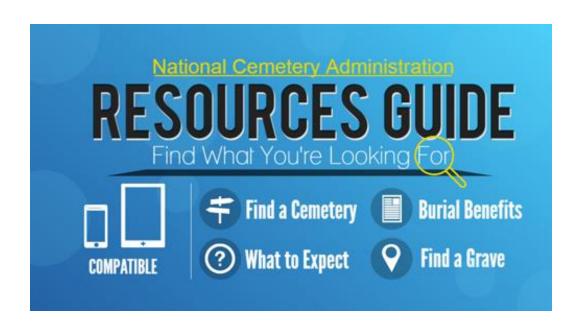
- Gravesites in Department of Veterans Affairs (VA) national cemeteries cannot be reserved in advance.
- You should advise your family of your wishes and where your <u>discharge</u>
 <u>papers</u>* are kept. These papers are very important in establishing your
 eligibility. Upon request, VA will make eligibility determinations for burial
 in a VA national cemetery in advance of need.
- At the time of need your family would contact a funeral home who will assist them with making burial arrangements at the national cemetery.
 You may wish to make pre-need arrangements with a funeral home.
- To schedule a burial, first fax all discharge documentation to the National Cemetery Scheduling Office at 1-866-900-6417 or scan and email the documentation to NCA.Scheduling@va.gov with the name of the decedent in the subject line. Next, please call 1-800-535-1117 and have the following information readily available when you call:

Burial benefits in a private cemetery

- Burial benefits available for Veterans buried in a private cemetery may include a <u>Government headstone</u>, <u>marker or medallion</u>, a <u>burial flag</u>, and a <u>Presidential Memorial Certificate</u>, at no cost to the family. Some Veterans may also be eligible for <u>Burial Allowances</u>. There are not any VA benefits available to spouses and dependents buried in a private cemetery.
- Potential Questions to Ask Regarding Burial in a Private Cemetery
- VA-NCA-IS-1 Interments in VA National Cemeteries provides
 information on the National Cemetery Administration's history, arranging
 a burial in a national cemetery, military honors, burial eligibility and
 locations of national and state Veterans cemeteries.

National Cemetery Administration Mobile Site

- The National Cemetery Administration Mobile Site is at your fingertips!
 Find a grave, search for national cemeteries, find information on burial benefits and more!
- All from your mobile device or tablet. Visit the NCA Mobile Site today, and find what you're looking for on-the-go.



The Veterans Legacy Program

- The Veterans Legacy Program offers a wealth of tools for educators and the public, with a focus on honoring the sacrifices of our nation's veterans.
- Through this program, citizens of all ages can explore U.S. history, visit
 national cemeteries or experience them online, and get to know these
 historic places as engaging places for learning.



Vet Center





We Are The People In The VA Who Welcome Home All Combat Veterans With Honor

ELIGIBILITY:

- Any Veterans and active duty Service members, to include members of the National Guard and Reserve components, who:
- Have served on active military duty in any combat theater or area of hostility*
- Experienced a military sexual trauma;
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war, or;
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.
- Vet Center services are also provided to of Veterans and Service members for military related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active duty death.
- Services for family members are available if veteran or service member are meet requirement from above.

VET CENTER SERVICES

- Individual Counseling
- Group Counseling
- Military Sexual Trauma Counseling
- Marital/Family Counseling
- Bereavement Counseling
- Drug and Alcohol Referral
- Liaison with VA & Community Resources
- Benefits Assistance Referral
- Community Education and Career Referral

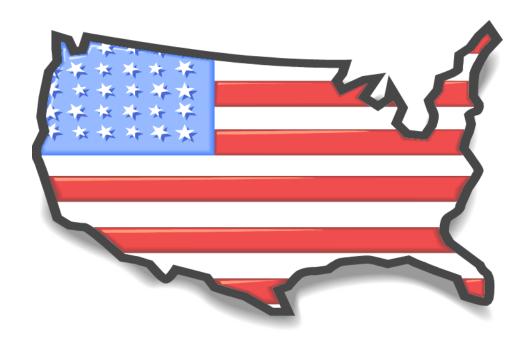


UNIQUE FEATURES

- Vet Centers maintain a "welcome home" attitude that promotes customer service in a relaxing and non-bureaucratic environment.
- Veterans are welcome to stop by the Vet Center at any time, as there are no waiting lists to receive care.
- Vet Centers maintain <u>extensive outreach</u> programs to help veterans gain early access to care.
- Vet Centers are <u>community-based</u>, operating outside of the larger VA medical facilities.
- Vet Centers guarantee <u>confidentiality</u> and informed consent to <u>avoid the</u> <u>effects of stigma</u> on war zone and sexually traumatized veterans.
- Vet Centers <u>tailor local service programs</u> and staff composition to best fit the social and cultural <u>needs of the veteran community</u> being served.

Outreach

- Currently, there are over 100 Veterans Outreach Program Specialist located in Vet Centers nationwide.
- These positions are staffed mostly by OIF / OEF Combat Veterans.



Mobile Vet Center Program

Department of Veterans Affairs maintains a fleet of 70 Mobile Vet Centers (MVC) that are designed to extend the reach of Vet Center services through focused outreach, direct service provision, and referral to communities that do not meet the requirements for a "brick and mortar" Vet Center, but where there are Veterans, Servicemembers, and their families in need of services. In many instances these communities are distant from existing services and are considered rural or highly rural.

Scheduling a Mobile Vet Center

• To have a MVC and Vet Center staff participate in upcoming events where Veterans, Servicemembers, and their families are expected to be in attendance please email: Vetcenteroutreach@va.gov

Vehicle Space Requirements

- (To ensure proper access to satellite equipment and wheelchair lift)
- Large MVC: Length: 42 ft., Width: 12 ft., Height: 14 ft.
- Streamlined MVC: Length: 32 ft., Width: 12 ft., Height: 13 ft.





Veterans Benefits Administration

Winston Salem VBA Regional Office
Hiram H. Ward Federal Building
251 North Main Street
Winston Salem, NC 27155

Public Contact Office

Walk-In Office Hours (1st Floor)

Monday – Thursday 8:00 am – 4:00pm

Friday 9:00 am-4:00 pm

Vocational Rehabilitation & Employment

Walk-In Office Hours (4th Floor)

Monday 8:00 am – 4:00pm

Wednesday – Friday 8:00 am – 4:00 pm

VHA Kernersville Health Care Center
Benefit Resource Information Center (BRIC)

1695 Kernersville Medical Pkwy – Room 1781 Kernersville, NC 27284

Public Contact Walk – In Hours

Wednesdays 8:30 am - 4:00 pm and Fridays 12:00 pm - 4:00 pm

Veterans Benefits Administration

Helpful Information & Contacts

PHONE NUMBERS:

- Disability Compensation Inquiries: 1-800-827-1000
- Pension Inquiries: 1-877-294-6380
- Winston-Salem VR&E Office: Phone (336) 714-6099 Fax (336) 631-5054
- Life Insurance Inquiries: 1-800-669-8477
- Education Inquiries: 1-888-442-4551
- Home Loan Inquiries: 1-888-768-2162
- Veterans Crisis Line: 1-800-273-8255 (Press 1)
- Homeless Veterans Line: 1-877-4AID-VET (1-877-424-3838)

WEBSITES:

- General Information: <u>www.va.gov</u> and <u>www.Vets.gov</u>
- Health Care: www.va.gov/healthbenefits
- Applications and Forms: www.forms.va.gov
- eBenefits: www.ebenefits.va.gov

PLEASE MAIL ALL EVIDENCE TO:

Evidence Intake Center

P.O. Box 4444

Janesville, WI 53547-4444

Fax Number: 1-844-531-7818

Veteran Affairs Facilities in North Carolina

Veterans Health Administration

Asheville VA Medical Center

1100 Tunnel Road Asheville, NC 28805 828-298-7911

Durham VA Medical Center

508 Fulton Street Durham, NC 27705 919-286-0411 | 888-878-6890

Fayetteville VA Medical Center

2300 Ramsey Street Fayetteville, NC 28301 910-488-2120 | 800-771-6106

Salisbury - W.G. (Bill) Hefner VA Medical Center Veteran

1601 Brenner Avenue Salisbury, NC 28144 704-638-9000 | 800-469-8262

Benefits Administration

Winston-Salem Regional Office

Hiram H. Ward Federal Building 251 N. Main St. Winston-Salem, NC 27155 800-827-1000 VA customer service

National Cemetery Administration

New Bern National Cemetery

1711 National Avenue New Bern, NC 28560 252-637-2912

Raleigh National Cemetery

501 Rock Quarry Road Raleigh, NC 27610 252-637-2912

Salisbury National Cemetery

501 Statesville Boulevard Salisbury, NC 28144 704-636-2661

Wilmington National Cemetery

2011 Market Street Wilmington, NC 28403 910-815-4877



Vet Centers in North Carolina

Charlotte Vet Center

2114 Ben Craig Dr., #300 Charlotte, NC 28262 (704) 549-8025

Fayetteville Vet Center

2301 Robeson St. Suite 103 Fayetteville, NC 28305 (910) 488-6252

Greensboro Vet Center*

3515 W Market St., Suite 120 Greensboro, NC 27406 (336) 323-2660





Greenville Vet Center*

1021 W.H.Smith Blvd., #100 Greenville, NC 27834 (252) 355-7920

Raleigh Vet Center

8851 Ellstree Lane, Suite 122 Raleigh, NC 27617 (919) 361-6419

Jacksonville Vet Center

110A Branchwood Dr Jacksonville, NC 28546 (910) 577-1100

Vet Centers maintain after normal business hours and some weekend hours to accommodate the schedules of Veterans and their family members. Please call local Vet Center for details on their hours.

st Denotes locations with Mobile Vet Center (MVC) Vehicles .

District 1 RCS Regional Office 305 W. Chesapeake Avenue, Suite 300 Towson, MD 21204 Phone: 410-828-6619 Fax: 410-962-5151

For a complete listing of Vet Centers in your state, please call: 877-927-8387 OR Visit our web address at www.vetcenter.va.gov



National Resources





Vet Center Combat Call Center For combat veterans and their families

1-877-WAR-VETS







1-888-823-7458





1-800-342-9647

Sexual Assault Support for the DoD Community DoD Safe Helpline

1-877-995-5247 Help is Available 24/7; Toll Free Worldwide or Online





Veterans Affairs Social Media Connections

U.S. Department of Veterans Affairs (VA)

















Veterans Health Administration (VHA)











Veterans Benefits Administration (VBA)













Veterans Cemetery Administration (NCA)









All VA Social Media Directory



NC Resources

- NC National Guard HELP Line 855-322-3848
- NC Division of Military and Veterans Affairs













 The NCDHHS Office of Citizen Services offers a toll-free information and referral telephone service; the toll-free helpline number is 800-662-7030.
 It is available Monday through Friday, from 8AM to 5PM (except holidays).



NCServes is North Carolina's first coordinated network of public, private, and non-profit organizations working together to serve veterans, service members and their families.









NC Homeless Guides at high risk areas

Buncombe County (Asheville):

http://vayahealth.com/wp/wp-content/uploads/2016/08/Housing-Resource-Guide Buncombe-County-2017.pdf

Mecklenburg County (Charlotte):

https://www.mecknc.gov/HealthDepartment/CommunityHealthServices/Documents/CommunityResourceGuide.pdf

Wake County (Raleigh):

http://www.wakegov.com/humanservices/social/Documents/Wake%20%20Resource%20Guide%202016.pdf

Durham County (Durham):

http://www.alliancebhc.org/wp-content/uploads/Durham-Support-Services-Guide.pdf



NC Homeless Guides at high risk areas cont.

Forsyth County (Winston-Salem):

http://www.cityofws.org/portals/0/pdf/housing/Neighborhood%20Development/Brochure%20of%20Services%20to%20Homeless.pdf

Guilford County (Greensboro and High Point):

https://www.ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Guilford C ounty (High Point LO).pdf

Wilmington/Brunswick, New Hanover, and Pender Counties:

http://capefearcog.org/wp-content/uploads/2017/03/Street-Sheet-brochure-R7-8-16.pdf

Orange County (Chapel Hill):

http://www.orangecountync.gov/departments/hhrcd/OC%20Resource%20Gu ide_current.pdf



NC Homeless Guides at high risk areas cont.

Onslow County (Jacksonville):

http://www.onslowcountync.gov/DocumentCenter/View/345

Cumberland County (Fayetteville):

http://www.visitdowntownfayetteville.com/wp-content/uploads/2014/08/homeless brochure2013.pdf





Veteran Affairs

Questions